

# Business & Life Coaching, Counseling, Communication trainings



Working with me it is all about you: your concerns, your wishes regarding your career, positive life changes or enhancement of your personal skills.

I am deeply convinced that you know best what is good for you – there is not a single right solution, there is an optimal approach for each individual. So you are the expert for your goals in life. What you might need in order to get there is professional support, someone helping you to find your answers, gain clarity and to set goals by asking the right questions and providing you with the tools to take action and achieve results.

That is what I do: coaching you to bring out the best in you. I am focusing on your strengths rather than your weaknesses, concentrating on what works best for you – and how you can use and enhance your skills, abilities and life experience to move forward in your career or for your own personal growth. A confidential coaching relationship is always important to me.

## **Areas of impact:**

- Team building & professional leadership
- Improving your communication and interpersonal skills
- Working with difficult situations or challenging personalities
- Career planning
- Personal growth
- Work-Life balance
- Intercultural business relationships
- E-Coaching and telephone coaching
- Building self-awareness and empower people
- Effectiveness & performance development

## **About me:**

Antje Pfab, M. A., member of the German Association for Supervision (DGSv).

## **Education:**

- Certified Coach by the German Association for Supervision (Deutsche Gesellschaft für Supervision – DGSv) (3yrs continuing education program) – among many others advanced trainings, i. e. in the area of e-learning
- Magister Artium (M. A.) in cultural anthropology and sociology (Ludwig-Maximilians-University in Munich) with special focus on intercultural communication

**Experience:**

- Since 2001 I work at Fulda University of Applied Sciences (Hochschule Fulda), being responsible for the continuing education programs “Sozialkompetenz” and “Professionelles Coaching”.
- Over 10 years experience as communication trainer, moderator in the academic field, giving lectures.
- Co-Founder and manager of a German e-commerce site, before I moved to the USA, where I lived and worked for nearly three years as an office manager for Cornell University Southeast Regional Office in Miami, FL and in the hotel business.

**Get started!**

If you are interested in exploring your potentials and possibilities, please contact me for a free initial consultation

phone: +49-661-96180312 or [pfab@zielklaerung.de](mailto:pfab@zielklaerung.de)

**Organizations I worked with...**

Ada-Lovelace-Projekt Rheinland Pfalz, Arbeitsgemeinschaft wissenschaftliche Weiterbildung an Hochschulen (AGWW), Caritas, Hochschule Fulda, Hospiz St. Elisabeth zu Fulda, Malteser Hilfsdienst, Ökumenischer Hospizdienst Hünfeld, profamilia Rüsselsheim, Richard-Müller-Schule Fulda, Westfälische Wilhelms-Universität Münster, Zentralstelle für Fernstudien an Fachhochschulen (ZFH) Koblenz